

# GO WILD™

PREMIUM SEAFOOD



Ideal for **FRESH** or even **Frozen Seafood Cases**

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.

HEALTHY  
PRE-PORTIONED  
CONVENIENCE  
2 SERVINGS

WILD-CAUGHT WITH CARE, EASY TO PREPARE.  
SERVE AND GO WILD!

From an MSC certified sustainable fishery.  
[www.msc.org](http://www.msc.org)



Premium wild-caught

## Alaska Cod

Net weight 8 oz. (227g)

SPECIES	Cod
ORIGIN	Alaska
UPC CODE	8-8269494201-5
CASE GTIN	00882694952014
PACKED	12 x 8 oz.
CASE DIMENSIONS	14.19" x 9.44" x 8.19"
PALLET Ti-Hi	13 x 10
NET WGT.	780 lbs.

Your customers will love our easy on-line recipes and serving suggestions!

[www.gowildseafood.com](http://www.gowildseafood.com)

Mariner   
Seafood

Our GO WILD™ Alaska Cod is 100% wild-caught from the icy-cold depths of Alaskan waters, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for customer convenience.

**Cooking Instructions:** Remove fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 3-5 minutes or until center is firm and opaque, or an internal temperature of 145° F is reached.

**Safe storage and handling:** Keep refrigerated until ready to prepare. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator overnight before use.

INGREDIENTS: Cod

CONTAINS: Fish

Product of USA

MSC-C-52906

*This Cod was responsibly sourced in Alaska from ASMI sustainable fisheries.*



Wild, Natural & Sustainable®

### Nutrition Facts

2 servings per container	
<b>Serving Size</b>	<b>4 oz. (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 340mg	15%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron less than 1mg	2%
Potassium 266mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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See Mariner Seafood's complete product line at:  
[www.marinerseafood.com](http://www.marinerseafood.com)

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